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A Smoking Research Project in the Normative Aging Study.

The objective of this research program is to study the relationships between smoking behavior and the aging process.

Specifically, the smoking research program is relating in-depth smoking data to extensive biomedical and behavioral parameters in a population of 2,000 male veterans. The study is also longitudinal, such that changes over time are also being analyzed. Smoking data is collected both by self-administered mail questionnaires and by medical interviews.

The following findings have been reported. Smoking was found to relate to decreasing pulmonary function values with increasing age. Although giving up cigarettes accounted for subsequent weight gain, age was found to be principally responsible for the weight gained. The personality dimensions of anxiety and extroversion were found to be related to smoking. Empirical support was also found for a typology of smoking based on management of affect. Six types of smoker motives were thus suggested.

During the current year, investigators plan to relate smoking status to longitudinal changes in biomedical data. Also, a greater refinement of smoker motives will be attempted and an attempt will be made to better relate motives for smoking to both behavioral and biomedical outcomes.

Activation Date: July 1, 1976

Current Grant Level: \$64,000.

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